

**Volunteer
&
Mentoring
Opportunities**

Be a Mentor. Make a difference in a child's life. The Norfolk Police Department has a partnership with the Department of Recreation, Parks, and Open Space to provide mentoring opportunities in a part-time capacity for youth. You will learn mentoring skills that will assist you in guiding other youth. For information about this program please contact the PAL Coordinator, Officer Ron Gilchrist at (757) 664-6933 or at Ronald.Gilchrist@norfolk.gov. Please note that all volunteers are subject to screening and a background check.

**Norfolk Police Department
Police Athletic League**



Special Thanks:

City of Norfolk: Department of Recreation,
Parks, and Open Space
Southside Boys and Girls Club



City of Norfolk Police Department

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**Norfolk Police Department
Police Athletic League**

**Every Kid Needs A
PAL**



**2500 N. Military Hwy
Norfolk, VA 23502
Tel: 757. 664.6933**



PAL

Our Mission

The purpose of the Police Athletic League is to provide recreational activities for youth as an alternative to involvement in activities that could lead to criminal conduct or gang involvement.



About PAL

Youth crimes have become serious issues today affecting our communities. The Police Athletic League seeks to foster positive and trusting relationships between police officers and youths.



PAL Programs

Badges for Baseball, initially funded by the Cal Ripken Sr., Grant Foundation, involves youth learning the basic skills of baseball, teamwork, and sportsmanship, at no cost. The PAL program also offers football, hockey, volleyball, basketball, and many other activities in conjunction with the City of Norfolk Department of Recreation, Parks, and Open Space.

PAL Success

The PAL program brings youth under the supervision and positive influence of law enforcement and expands public awareness about the role of police officers in the local community. PAL reinforces responsible values and attitudes instilled in young people by their parents. Studies have shown that if a young person respects a police officer on the ball field, gym, or classroom, the youth will likely come to respect the laws that police officers enforce. This respect is beneficial to the youth, the police officer, the neighborhood, and the business community.



City of Norfolk Police